

THE REAL REASON YOU CAN'T STOP EATING ESSENCE

The Best Makeup

When you choose invasive professional treatments like electrolysis, IPL or lasers, select practitioners who have had ample experience with people of color.

Lasers: A Ray of light for us.

Best for: Any part of the face or body.

How it works: Laser hair removal is not permanent, but the results can last for months. Which lasers are right for us? "Lasers that use longer wavelengths to focus on the hair follicle without damaging the skin," answers Jeanine Downie, M.D., a dermatologist in Montclair, New Jersey.

"When hair returns after laser removal, it is also more likely to be much thinner, according to **Robert Guida, M.D.**, (www.DrGuida.com) a plastic surgeon at New York Presbyterian Hospital-Cornell Medical Center, who has had tremendous results treating severe razor bumps (pseudofolliculitis barbae) with his Lyra laser: "You'll need a few sessions with lasers, but not as many as with electrolysis." Costs; \$250 and up.

TRIPLE PLATINUM

Beyoncé, Janet & Mary at the Top of Their Game